

BRIDGES

WEDNESDAY, APRIL 2, 2014

SPACES:

Home strikes artful balance between vintage and tasteful style **P. 14**

SHARP EATS:

New cookbook offers Prairie eating pure and simple **P. 22**

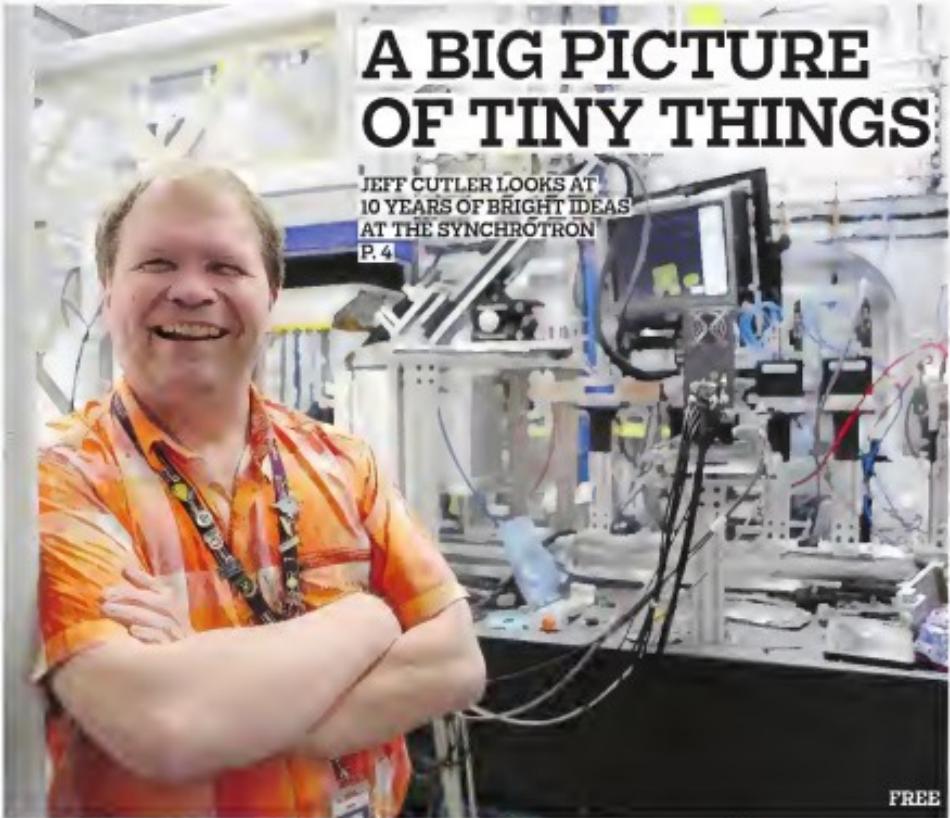
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A STARPHOENIX COMMUNITY NEWSPAPER

A BIG PICTURE OF TINY THINGS

JEFF CUTLER LOOKS AT
10 YEARS OF BRIGHT IDEAS
AT THE SYNCHROTRON
P. 4



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

E.C. BLAKE (A.K.A. EDWARD WILLETT)

Masks appeals to both adults and teens



E.C. Blake (aka Edward Willett)

As an author I've always enjoyed book and birth certificates for younger readers and books for adults. When I was starting out I was very 16 primarily because I was a young adult (YA) writer but I've actually had an much success writing for adults.

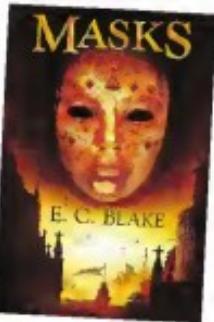
With my latest novel Masks — written under the pseudonym E.C. Blake, published by DAW Books in New York and having bookstores in bookstores all over the world on Nov. 5 — I've managed to straddle both worlds. Featuring a tortured character as a hero, both teens and adults will enjoy it.

Masks is the first novel in a series that continues with Shadows next August and Fires in spring 2015. In the land of Agynana, magic is a gift possessed by a very small percentage of the population, with the ruling Archdruid himself the most powerful of all. At age 15, children are recognized as adults and must don the aged leather Masks whenever they are in public.

The Masks are magically crafted to reveal any treasonous thoughts or actions. And once such thoughts are exposed, the Wielders are there to enforce the law.

Maeve Hollister, daughter of the Archdruid's Master Maskmaker, and her twin magus girlies, is nearing her 18th birthday and her all-important Masking. Her father has been working behind closed doors to create her Mask, and once she dons it, she expects to become his apprentice.

But at the ceremony, Maeve's Masks rejects her and shatters. Instead of celebrating, she is turned away from her parents, imprisoned, and consigned to a dragon brand for the masses. Not even her gift can save Maeve the future that awaits her — a future that may see her forced to a rebel cause, forced to become a puppet of the Archdruid or transformed into a force so dangerous to her world as the legendary Lady of Pain and Fire.



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Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Borrow a family 'Nature Activity Kit-Pac' and hike a trail ... nature events!

Guess what kid? You can send your question to me at the address below. Dear Chip,

Under the melting snow I saw some moss on the bottom of a tree. How do mosses on trees stay soft and green through the winter? Jack

Please excuse some of the weird green life that we can enjoy in the spring. It does seem like they would stay that way all winter. Mosses are also a bit of a mystery, they are very good at living in this climate and providing homes to so many different kinds of tiny creatures that humans can't see with their eyes. If only I know about them because of my friendship with the spiders that come and go around the landscape sharing their webs and hangings with all of us. In the winter, even though there is a lot of snow, the tiny critters can still live right here. They can be fully alive underneath the snow, even on the south side of a tree. The same critters like it needs light and leaves again, living in more light. The heat of the sun radiates off the base of the tree melting the snow even more, creating a space between the snow and the mossy tree. This space collects heat and moisture allowing for enough protection from the bitter cold for the mosses to remain soft. In really cold temperatures the moss will go dormant. In a similar way to trees, becoming full of sugars, acids and something called lipids that help to protect the tissues of the moss. Great question! Thanks Jack

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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ON THE COVER PG. 4



Scientists like René Poggenpohl use the Canadian Light Source Synchrotron to study the smallest particles of life. Their discoveries lead to an improved understanding of our world. MICHAELA MICHALIK/BERG

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This week at Saskatoon's Hearty at DUC Bridge.

City Artists' Annual Fundraiser and Save and Kids Learn to Sew at the Refinery.

SHARP EATS PG. 22



A new cookbook, *The Pure-Pure Eating Plan* written by Catherine Chan and Rhonda Bell (both nutrition professors at the University of Alberta), includes a range of healthy plant-based recipes — including this healthy fruit smoothie. RHONDA BELL AND FOOD STYLING BY MICHELLE BERG

BRIDGES COVER PHOTO BY MICHELLE BERG

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ON THE COVER

It's one of the top labs for this kind of research in the world. — Mauncio Barth

CANADIAN LIGHT SOURCE SYNCHROTRON

Accelerating knowledge



Scientists come to Saskatoon from all over the world to use the Canadian Light Source Synchrotron, located on the University of Saskatchewan campus. ANDREW PHILLIPS/STARPHOENIX

By Sean Trembath

Saskatoons synchrotron is a bit like a microscope.

Located on the University of Saskatchewan campus, the device is massive, sprawling out across a huge warehouse-like space.

To an astute observer, it's an incomprehensible jumble of twisted steel and cables. To the researchers

who choose to use there, it's one of Canada's most important scientific resources.

For all its size, the synchrotron's purpose is to reveal the incredibly small. The intense light beams generated by looping electrons around near-light speed allow scientists to see the tiny particles that make up our world.

The knowledge gained is applica-

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ble capacities that few other labs on the planet can. When I say few? more than you can count them on your hand," says Mariana Barbosa, a University of Regina physicist who uses the synchrotron to study nanobubbles and dust.

It's been almost 18 years since the grand opening of the facility, which saw CBC TV news anchor Peter Mansbridge broadcast live from syn-

chrotron facilities taken more than 25,800 photos with the equipment. Recently they surpassed 1,000 total peer-reviewed papers published with these findings.

The synchrotron's main function is the advancement of knowledge, but it has also put the U of S, the city and the province on the worldwide scientific map.

Continued on Page A



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This is a province, and a city, that really saw an opportunity, and grabbed the proverbial brass ring.

—Jeff Cutler

In the 1990s, the National Sciences and Engineering Research Council (NSERC), Canada's federal funding agency for science, did a study on what kind of research facility would best serve the country. A synchrotron was the best investment for Canada to make, says Jeff Cutler, director of industrial services for Canadian Light Source Inc. (CLS), the non-profit entity that built and now administers the synchrotron.

The next question was where it would go to either the U of S or the University of Western Ontario. When cutler had a pre-organized advantage, with more universities in the spec mentioning there were more incentives to use the facility.

The U of S won the other hand, but the Saskatchewan Accelerator Lab now has CLS's smaller linear particle accelerator housed in their Garage. The lab, meant a lot of the knowledge base required to build and maintain such a device was already in place.

Convincing NSERC to build in Saskatchewan was a joint effort between the university and both levels of local government.

"This is a province, and a city, that really saw an opportunity, and grabbed the proverbial brass ring," Cutler says.

The facility agreed with seven branches, each of which puts a specific type of light from the central ring that contains the accelerated electrons. Each branch is useful in different types of science. Researchers working in come to the facility up to four times on the beamline that best suits the work.

As researchers demanded different types of light, the facility expanded. There are now 10 beamlines, with eight more under construction.

"We've grown, and grown fast, on than I anticipated," Cutler says. "These places are unique. They're an integral growing and adding new pieces of equipment."

Research time is precious. Some beamlines have more than 100 users at many appointments as there are times slots. The application process is rigorous.

Twice a year, CLS opens up to post-graduate researchers from around the



PhD candidate Jessica Stromberg looks at the distribution of different elements in a stack of dental crowns at the synchrotron. (PHOTO BY MICHAELLE MCKEE)

world to submit their work. Applications go to an international panel of scientists who grade them based on their originality and their potential impact on the scientific world.

A stressful waiting for your review comes back," says Jessica Stromberg, a PhD student from Westminister who is at the CLS for the second time.

If the proposals are granted, administrators look at ranked list, figure out how much time is available, and eventually draw a line, securing to Cutler those who don't make the cut are given feedback, and have

CLS time is almost entirely reservation. There get as much data as they can, then take it back home and start the tedious process of analysis.

"You can take a 24-hour shift and

a chance to empty during the next round of proposals."

Time is assigned in eight-hour shifts. Typically, a research team has 10 to 12 hours with the chosen beamtime. There is no time to waste. Many of the work areas have couches, at which researchers can have meals, or, which researchers use to catch whatever sleep they can between experiments.

CLS time is almost entirely reservation. There get as much data as they can, then take it back home and start the tedious process of analysis.

In attracting these international companies and scientists, CLS has

recruited Saskatchewan within the worldwide scientific community. While research will always be the focus, having such an important piece of equipment is also a major source of prestige.

"There is no question the CLS is a benefit to science, not just for the university but the city and the province," Cutler says.

"This is an international facility. This facility has put Saskatoon and this university, an international facility."

jeff.cutler@canadianlightsource.ca
<http://canadianlightsource.ca>

It's quite good luck that I have a lab like CLS, and also these dinosaurs, in my backyard.
—Barbs

POUNDERING PRE-HISTORIC PARTICLES



Researcher Maureen Barbs looks at a dinosaur bone sample. Her son, the smooth rock to study samples taken from dinosaurs that were found in Saskatchewan and Alberta. (PHOTO BY GORD WILLIAMS)

For Maureen Barbs, the light provided by the CLS illuminates the distant past. While others look at soil samples or chemical compounds, the University of Saskatchewan physics professor peers into bones at something that has been curious about since he was young — dinosaurs.

Barbs uses the CLS to look at dinosaur bones and say, "Many of his samples come from right here in Saskatchewan, in the train of the Trans-Canada," resources are found near Estevan, offices come from nearby Alberta.

"It's come good luck that I have a lab like CLS, and also these dinosaurs in my backyard," says Barbs.

Barbs explores several questions in his dinosaur work. The bones also clues about how certain species lived, how they moved and what they ate. The skin also some of the same, but also she'd like to know what colour the dinos in medieval times had.

Dinosaurs have never been Barbs primary subject of research; he studies very high-energy physics. Having worked at particle accelerators in Switzerland and Germany, he chose physics over paleontology early in his academic career.

"My physics was spoke louder than my palae-

ontology, but I always liked dinosaurs, and prehistory," he says.

Originally from rural B.C., settled in Regina after law school got program. While focused on his regular physics work, he started volunteering at the Royal Saskatchewan Museum cleaning dinosaur bones as a hobby. After a while, a curator there started talking about how he could use his physics expertise to learn more about the ancient creatures.

What started as a side project for Barbs has evolved into a full-blown research stream.

"There is a new way because it's not just a hobby, it's the real stuff." The scientist adds,

he has no formal training in the discipline, so he depends on what type of debris he's trying to collect. He also has his eye on some of the newer lasers being constructed.

Having worked with accelerators across the globe, he has nothing but good things to say about the Saskatoon facility.

"CLS is really on the map in the international community. People come here all the way from China. They could have gone to Europe, but they came here because of the capabilities, and the high quality of the CLS," Barbs says.

'TOON TIME! THE STAR'S KIDS' EDITION

Earth Day Campus Tours

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**Tuesday, April 22, 2014
Time: 1:15 p.m. (90 min tour)**

or
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The tour is being conducted by



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Ukrainian Museum of Canada

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1 P.M. - 3 P.M.

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Before I started, I kind of had that misconception that we're the small guy. But really, the whole way the CLS has been set up, it's just been very easy for us to access this equipment. — Zachery Belak

THE FUTURE OF DISINFECTANTS

For many athletes silver means you didn't win gold. Shutout Solutions is using silver to put itself at the head of the pack.

The Saskatoon company is using silver nanoparticles — extremely tiny bits of the precious metal — to revolutionize disinfectant technology, and the synchronization is essential to their success.

"There's such a small amount [of nanoparticles] that there's no way to avoid them without the synchrony," says Zachery Belak, research chemist and head of research and development for Shutout.

Silver nanoparticles are non-toxic to humans and environmentally friendly, but also act as a disinfectant. Belak says:

Shutout's first product is a spray used to combat sports odour, but the company is looking towards many other applications in the medical and industrial sectors.

One particularly interesting line of study is for disinfectants that keep working after you've done cleaning.

"The problem with most disinfecting cleaners is you disinfect a surface, but as soon as you wipe it off, the next person to touch the hand will or the door knob bacteria and fungi are put back on the surface," he says.

With silver, it may be possible to create a solution that keeps working after the causative agent is gone. Imagine disinfectants that keep themselves clean long after a spray has been applied.

That way if someone touches the doorknob, it will actually sterilize itself before the next person touches it," Belak says.

Such a solution could be invaluable in hospitals, where the spread of infection is a constant concern, or in schools and workplaces. Self-disinfecting surfaces could prevent the transmission of flu and other sick viruses, leading to a more productive work or education environment.

There's still a long way to go, which is where the synchrony comes in.



Shutout Solutions' Zachery Belak is developing a spray that will self-disinfect an invaluable addition for hospitals, schools and workplaces. (PHOTO BY MICHELLE BEIGE)

They can put them into a beaker in the synchronizer to see how exactly they are working at a molecular level. "You can actually see what form the silver is in, and you get all sorts of detailed information about what those silver particles are doing at a very microscopic level."

As a small local company Shutout's ability to use and learn from the synchronizer saves them time and effort.

"Before I started, I kind of had that misconception that we're the small guy that might not have the right equipment. It's been set up, it's just been very

easy for us to access this equipment. It's been easy to use, and it's been a great help for our research," Belak says.

"If anyone says the synchronizer only costs a billion-dollar or comparable amount in our experience that's not true at all."

ON THE SCENE

SASKATOON YOUTH ORCHESTRA GALA DINNER AND CONCERT

The Saskatoon Youth Orchestra (SYO) held a gala dinner and concert at the Hilton Garden Inn ballroom on March 29. Young SYO musicians played jazz music of classic standards at the event, which raised \$1000 for the organization. The theme, an evening out on the town, was enhanced by decorations that celebrated Saskatoon's famous SYO alumni. The master of ceremonies for the evening was Mark Turner, the newly appointed general manager of the Saskatoon Symphony Orchestra who entertained the 200 guests during dinner.

The SYO is a full orchestra for players aged 12 to 25. The organization also offers a string orchestra for young players and a double bass program. Members study privately and audition for membership.

1. Mark Turner (left) and Kent Agnew

2. Heme (left) and Darren Anderson

3. (left to right) Denise Wilcox, David and Steven Salby

4. Tyrone Jeff and Karen McKenna

5. Alison Tonynana, left, and Arian Phillips

6. Ian Wedell (left) and Paulette Hobson

7. Vronique Puddin Laverty (left) and Marlene Brandt

**BRIDGES PHOTOS
BY LIAM RICHARDS**





Next week in BRIDGES

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entrepreneur and
photographer
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ON THE SCENE

SOVA DESIGN MILLINERY FASHION SHOW

Designs for felt hats offer a mix of classic styles while keeping the wearer on trend in the modern era. SovaDesign's style set rocked to Sova Design Millinery on March 20 for a ballyhooed 2014 collection fashion show held at the flagship store on Third Ave. S. Guests enjoyed appetizers and wine. After the show, people were welcome to try on the creations by owner and designer Sheri Haynes as well as others from Saskatchewan artisans and around the world.

The year Haynes' designs are inspired by her Ukrainian heritage.

"My thoughts are with my family living in Ukraine as they struggle against the current government," she says.

BRIDGES PHOTOS BY MICHELLE BERG



ON THE SCENE

1. Amy Gillett and Payton Cuthbert-Adam
2. Jenna Stromski and Ben Beaudry
3. Cydney Romeo: Shanon Braem and Jennifer Macnaul
4. Linda Epstein
5. Terrie Gobash
6. James Kramer and Gordon Belich
7. Deloris Rhine and Brittany Long
8. Kyra Zorbas and Anna Hrycay



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SASKATCHEWAN'S BEST SPACES

'80s home gets '60s style in '14

By Ashley Martin

WHAT? Chels and Paul Gobet

WHAT/WHERE/WHEN? The 1960s-style of their home: a two-storey in east Regina built in 1983. They bought the place in February 2013, moved in that May and did some minor renovations — cosmetic stuff like painting, changing out the carpet in favour of hardwood, tiling the backsplash, replacing the counter top. The house has good bones, but it's Chels's style that fashions it out.

WHY? Chels was inspired by mid-century modern aesthetic from an early age, with her grandmother a influence. Her house was still 80s but kind of cluttered, and among there was just seems all those unnecessary things pieces that had started the start of time and had commercial value."

When her grandmother passed away Chels inherited some of her things and began her own collection in high school. She'd store them in the basement, stacking them in the basement. "Then once I was bringing home chairs and stuff I couldn't fit down."

"I'm obsessed with the aesthetics of the 60s. I love the clean lines, and how it looks and it's very classic."

HOW? There is a fine line to be drawn between style and collecting, so successfully render a classic look but not overdo it.

"That's my fear as it looking cluttered or like an old lady's trunk collection everywhere or something. I just want no look clutter and not like a museum."

But Chels has struck a balance through two methods. Keeping a unique colour palette throughout the house — white walls with teal, yellow and pink accents — and grouping things in collections to minimise clutter.



SPACES



"Paula doesn't like clutter and neither do I," said Cherie, who tries to get rid of an old thing whenever she brings in a new one. "As long as things are clean and neat and not too big, I keep it a little while with it."

Though she's a hardcore Beatles fan (John and Paul McCartney (in summer) and the two re-unite (autumn) on her wall), she has avoided making the iconic Beatles shrine. She'll show a special item like the pink her mother gave her for Christmas, which is on display in the front room. Otherwise, her Beatles collection has a place in a spare room upstairs.

Cherie's treasures usually come from garage sales, estate sales, eBay and thrift shopping — although that isn't as fruitful as it used to be. "Now there are so many people who are peddling off eBay as well as at estate sales and totally packed up stores," says Cherie. "I don't always have much — she did find her favourite piece in the mid-century couch in the front room." It was way less than her budgeted \$400 a sofa, though.

Cherie's a do-it-yourself kind of person. When she finds a mirror in an odd shape, she'll frame it. The cabinet in the front room got a second life with her as a cut-the-Games dining chair, which she got for \$1 each.

With their first baby on the way, Cherie is not looking forward to this prospect: a baby proofing. With all the antiques she has on display, it's going to be a lot of work. "I think I'm going to have to glue some of it down, bolt some of the stuff to the ground."



IN THE CITY

MARCH 26, 2014 • 3:24 P.M.

Butterflies hanging loose



Four-year-old Rio Mathew covers her mouth in surprise on April 26. She was at the Butterflies & Bloom live exhibit which was brought back in celebration of GardenFest's 25th anniversary at Phoenixland Park on the weekend. Over 5,000 live, native and non-native butterflies were released into a walk-through tent to coincide with a professionally designed butterfly garden. (Williams Media Air/MICHAELLE ATKA)

ASK ELLIE

A breakup by text is cowardly but effective

Q. My boyfriend of four years just broke up with me via TEXT, with an "I'm done."

Because he was being evasive, I asked him what was going on. I didn't want him to lie or tell lies for which I think would be the only reasons one would say something so cruel.

I know it's because he's a coward and doesn't like confrontation. He has been evasive this before.

But even if "we need to talk" isn't words he's enough for me to respond with "you are don't." That is, the breakup was unnecessary, but I feel like crap because of his cold words.

He basically implied a decent role reversal and what could've been a decent breakup. I'm at a loss here. I feel like a child now with my heart. Do you have any words of advice to make me feel better?

Text Breakup

A. I don't know if I can make you feel better, but I do know that, in any relationship, putting expectations on someone to think and react as you would, usually doesn't work.

Ask Ellie

This relationship just isn't my course. What you call "cruel" may have been a performance for the audience or pressure from his past. You're both middle-aged adults, with different life histories, different ways.

Or maybe his evasiveness made you suspicious and you questioned him whenever he behaved that way. Whatever the reason, it was over.

For the stated cause of your hurt feeling is that you couldn't answer back with equally difficult wording.

Text breakups are cold, yes, and often completely fair. But they're authors, mostly sometimes the only way to cut through the urge to和睦 debate

about who's the worse character in the drama.

It doesn't matter how Mean-as-

Q. My problem is why I can't find a date or when I eventually do, how do I turn it into a relationship?

I'm a college student; it's easy to gain that alone, but I could lose more than a few pounds, and I'm slowly but steadily working on it.

I'm not truly handsome, but consider myself cute, and I'm a park/nerd who loves geeky things.

I'm curious of couples I went to college with.

I've tried the online dating scene. My profile is nice and well thought out. However, I've message a ton of girls but none responded to me back.

I'm not the most confident person either, but I can't just sit out in person, too.

How do I meet a girl that actually wants to make a connection with me? What am I doing wrong?

Lonely Nerd

A. You're doing nothing wrong. In

short you're rightly thinking about how to improve your dating approach.

Moreover, you present a positive but clear-eyed self-assessment, as you can see for yourself what to work on.

Overweight is a health issue, but also affects self-image and social confidence. Keep working on getting fit and eating healthfully; it shows your best self you is all you do.

There are lots of female nerds out there. You, too. And, lots of women who appreciate a clever mind and sense of humor.

The problem with online dating sites is your age and stage in that many younger women (and men too), especially students, just want to see they check profiles for superficial things, not meaningful connections.

You'd do better to join activities, call clubs and events, and participate in meet-up groups. Whether professional or completely new things like travel, fridging.

Get moving, instead of worrying.

Q. I want to cultivate close friendships,

despite having no problem making new friends.

Am I being outgoing and sociable, and yet not getting along with anyone?

But most of my friendships have turned distant and estranged because I've lost touch or we drifted apart.

I never had a best friend, or close friend. I feel like a third wheel with so-called friends as they only call if they need me.

Am I doing something to keep people from sticking around?

No Best Friend Forever

A. It's hard to "diagnose" the un-known dynamics between you and others, but what stands out is your description of what these short-term friends don't do.

If you're best friends, it's you who also seem to keep up: visitors invited people over, phone calls suggesting you'd get tickets for something you'd both enjoy.

Friendships take work, and close ones take devotion — like knowing when someone needs a call or offering your help before it's requested.

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New
Direction
Award
2013

GARDENING

PROVINCIAL GARDENING

Finding a place in the sun

By Sara Williams

Whenever I drive past fields of sunflowers destined for oil, spots or bird seed, I always marvel at their height and whiz to "Follow the Sun."

In the past, sunflowers (*Heliopsis annua*) were occasionally planted in rural gardens or windbreaks to provide living bird feed or simply as a burst of color. But change came in the 1990s. Suddenly, sunflowers were en vogue. New hybrids that were often golden yellow with vibrant orange and a shorter stature took the gardening world by storm. And it hasn't stopped yet.

There are now more than 100 different sunflower varieties, ranging from two to three inches with huge yellow flowers selected for seed production. Never-paste sunflowers are shorter and come in colors such as white, yellow, bronze, mahogany and purple, including bicolors, single and double flowers. They begin blooming in late summer and carry on into fall. The leaves are large, rough and hairy.

Sunflowers grow best in full sun, but will do OK in partial shade (low directly in the mid or end shade). They tolerate poorer soils but taller cultivars may benefit from a moderate application of a well-balanced fertilizer.

Sunflowers are useful as accent plants, screening in mixed or annual beds and in fresh or dead arrangements. Dwarf cultivars can even be used in containers, so far the gold seed plant shows its masses with drifts of different colors. It's cheap, quick, and so efficient!

The following are a sampling of the hundreds of available cultivars:

MEDIUM HEIGHT (60-100 cm)

- Choco Sun (60-65 cm) Very compact, self-blown seeds; ideal for pots; lemon yellow flowers with dark chocolate brown centers
- Jester (60 cm) Polka-dot, yellow flowers (16 cm diameter)
- Miss Sunshine (60-80 cm) Mid-size, remontant, golden yellow, strong golden



Ring of Fire sunflower will grow from 120 to 150 cm tall. SARAH MATTES PHOTO



Mazin Ridge sunflower flower head. SARAH MATTES PHOTO

MEDIUM HEIGHT (60-100 cm)

- Fizzy Bear (80 cm) Double golden blooms with brown centers (10 cm)
- Marigold (60 cm) Very similar to 'Sunfire', yellow flowers (10-12 cm) upward facing blossoms (7-10 cm)

MEDIUM HEIGHT (60-100 cm)

- Firecracker (60-70 cm) Polka-dot, red and yellow, 10 cm diameter
- Sunrich Orange (80 cm) Polka-dot, orange flowers 16-18 cm in diameter
- TALL (100-110 cm) Back of the border

- Pro Cut (100 cm) Polka-dot, pink petals and red flowers with a brown center; blossoms 8-10 cm wide
- Santa Fe (100 cm) Orange-yellow, petals free, double flowers, 10-15 cm wide

- Volante (100 cm) Lateral branching; lemon yellow 10 cm wide flowers
- Blackshark (100 cm) Polka-dot, bronze/black, white flowers with a yellow disc and brown center; 14-15 cm wide flowers
- Plasmacyt (100 cm) Rusty center with light yellow tips, 12 cm wide flowers



Ring of Fire sunflower flower head. SARAH MATTES PHOTO



Tall sunflower flower head. SARAH MATTES PHOTO

TALL (100-110 cm)

- Ring of Fire (100 cm) Branching; tricolor dark red base with golden tips and dark center; 30-35 cm wide flower heads
- Sunray (100 cm) Golden yellow, double flowers, 10-15 cm wide
- Mazin Ridge (100 cm) Golden with bronze center; 16-18 cm blossoms, thick stems
- Suntan (100 cm) to 105 cm to 110 cm wide blossoms
- Mazin Ridge (100 cm) Polka-dot free, dark red rim; 10 cm wide blossoms
- Marigold Russian (100 cm) Rosemaling, single yellow blossoms 20 cm wide

- Gaint (100+ cm) to 105 cm to 110 cm wide blossoms to 10 cm wide blossoms
- Sunray Supreme (100 cm) Golden yellow with brown center (10 cm), polka-dot, strong stems and necks
- Ruby (100 cm) Ruby red through

Sara Williams is the author of *High Altitude Gardening Naturally: A Chemical-free Handbook for the Phoenix*.

This column is provided courtesy of The Saltbox Rancher, Phoenix (www.saltboxrancher.com).

CROSSWORD

NEW YORK TIMES Puzzled by Will Shortz

ACROSS

- 1 Fans in "Bleeding" (6)
 11 Half... (6, 6) [Joffre's name]
 14 Is a tony (5)
 15 Between-meal stop (10)
 16 South American (10)
 17 Alice (stop, for of art) (7)
 18 Journalist (10)
 19 Adjective (7)
 20 Corridor (for one) (5)
 21 City with a hot spring (10)
 22 Hit staffers (5)
 23 "Moto Vélo" star (6)
 24 Alan Fudge (5)
 25 Helpless (8)
 26 ... may ... men? (9)
 27 Motif-blame (4-2)
 28 Like steak dinner (10)
 29 Letters on a radio (10)
 30 Various berries (10)
 31 Moisture that shortens scallops (10)
 32 Apps and apps (10)
 33 Tropical coexistence (10)
 34 ... devil (5)
 35 Connective tissue without major? (7)
 37 The Beware of God (6)
 38 Lie on trouting (5)
 39 If I remember (5)
 40 Small car (5)
 41 Jaws the shark (5)
 42 Metabolites with strong backbones (7)
 43 Tele-to-Pitfalls? (7)
 44 Leader from afar (5)
 45 The dark event (5)
 46 Racetrack evolution (5)
 47 Mike Tyson's Real Nation (9)
 48 Business Readiness (10)
 49 Equipment investment (10)
 50 People don't I need (10)

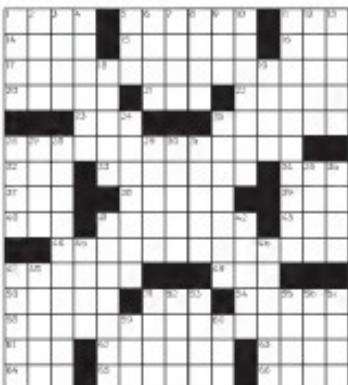


PHOTO COURTESY OF THE NEW YORK TIMES

DOWN

- 1 "Takes" (overquitter) (6)
 2 You can stop trying. To make me now? (6)
 3 Desert that occasionally gets snow (10)
 4 Home theater (5)
 5 Hobby from division 2 (5)
 6 ... (5, 6, 5)
 7 ... Chinese "way" (5)
 8 ... (5)
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 64 ... (5)

JANRIO CLASSIC SUDOKU

Level: GOLF

All in the blank cells using numbers 1 to 9. Some numbers can appear only once in each row, column and 3x3 boxes. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from (easy) [yellow] to Silver [green] to Gold [red].

9	1	3	5		7			
6			9		2			
3			1	9				
	7	4		8				
4			1	7				
2	9			1				
5		8			6			
8		9	6	3	7			

Sudoku is the international Japanese word for the Sudoko game. See Founder Page C21

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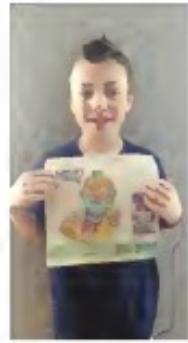


Colouring contest

Each week, Stephane McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to fbm@shaw.ca. One winner will be chosen each week.

Please email entries by Monday at 9 a.m.



Last week's contest winner is Samuel Nichols-Dresser. Thanks to everyone who submitted entries!



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WINE WORLD

SASKATCHEWAN LIQUOR TRENDS

No Russian vodka in Sask.? Not a problem

By James Romanow

Real Wall recently strade the world like a conqueror, holding a Saskatoon was sighted to the man hood of tyranny. He ordered the SLGA to stop selling Russian vodka. That's what (he) later reinstated the order.)

As it happens the previous only stocks are Russian vodka, and not it still even a terribly popular label! That is curious as two of the student vodka sellers I presented to the Barman — Stolichnaya and Moskovskaya — were unaffected.

Way back in the 1950s when Peppi signed a trade agreement with the Soviet Union they ran into the problem of re-exporting beer. The easiest way was to trade goods. Peppi agreed quickly because the sole importer of Molotovka hops, and I think that. And thus Russian vodkas were introduced to the market and the lesson or prevention vodka began.

A friend another introduced me to Molotovka, which she a good central European, kept in the freezer. It has a slightly more floral profile to the oily/pungent Stolik palat. I drink both and usually have a Makdonaloski on the liquor cabinet, partly just to remember little.

Stoly eventually was the marketing name in the '80s. Since then both distributor have moved to less corrupt Latvia where fishing is a lot easier. Throughout the boom the bottles must



tasted their Soviet label designs. These days, the old label looked more faded than traditional. The Russians recently refreshed the labels with subtle touches that keep them recognizable while very attractive.

Whether you drink your vodka out of the freezer with a heat or in a frosty green bottle of these a try. They're great. Think of it as soberity with Uromos.

Moskovskaya Vodka \$10.98 *****

Stolichnaya Vodka \$17.98 *****

More great reads in Monday's paper and on Twitter @drjames.

Crossword/Sudoku answers

PIGS	AVIATE	CAP
AMOK	MASSAU	KID
CUBIST	REPORTERS	
SPICE	YES	ALIBIS
AMB	ASPIRE	
POMPOUS	SASSIST	
ORA	REPLICAR	RUM
PSI	VOILE	LEGE
FION	CARBONS	SWE
STARKIST	STRAED	
ATTILA	SAD	
SURLY	DAG	EDITION
SLEEPER	CELLISTS	
ESE	SCANCE	LOG
TAT	OLDEST	FEES

4	9	2	1	3	5	8	6	7
6	8	1	7	4	9	5	3	2
7	3	5	6	2	8	1	4	9
3	2	7	4	5	6	9	8	1
1	5	8	3	9	7	6	2	4
9	4	6	2	8	1	7	5	3
2	6	9	5	7	4	3	1	8
5	7	3	8	1	2	4	9	6
8	1	4	9	6	3	2	7	5

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SHARPEATS

See a food trend you think deserves a highlight in Bridges?

Email bridges@thestarphoenix.com

or visit Bridges on Facebook

SASKATCHEWAN FOOD TRENDS

Prairie eating pure and simple

By Jenn Sharp

Despite the overload of diets and weight loss solutions out there, obesity rates are higher than ever. New information comes out seemingly daily on what foods to eat for health, weight loss, reducing inflammation and cancer prevention, but the bat goes on and on. It's an wonder people get overwhelmed and give up on eating healthy.

A new book is targeted at people living on the Prairies that want to eat well and either lose weight or increase their health. The Pure Prairie Eating Plan was written by Carolyn Chan and Lindsay Bell, both nutrition professors at the University of Alberta.

The book combines the best of both worlds. It's a no-nonsense, easy-to-follow eating plan that includes a range of healthy foods, many of which are grown on the Prairies. Whole grain flours are included, along with a range of recipes all with nutrition information. Focus about Canadian grown products and healthy substitutions are there as well, making the Pure Prairie Eating Plan part cookbook, part food education book.

While I've read other cook books with a heavier glamour design, I appreciate this book for its straightforward, bright pictures and easy to read format. More so, I love the fact that it encourages people to get to know their local food products and experiment with the kitchen.

To order your copy, visit www.mcclellanpublications.ca or [McCollie Publications](http://www.mcclellanpublications.ca). For more information or to order an e-book go to www.pureprairieeating.com.

The following are just some of the varied recipes you'll find in the Pure Prairie Eating Plan. We had to test out a few for ourselves at Bridges and I can assure you that everything was delicious.

Mixed Grain and Lentil Pilaf

This dish is packed with filling protein, healthy carbohydrates and vitamins. It also makes an excellent side dish for any kind of meat or poultry recipe, serving size is 1/4 cup. Leftovers can be used in a salad the next day. Servings: 8 - Serving size: 1 cup

INGREDIENTS:

- > 4 cups dried mung beans
- > 4 cups dried brown rice or quinoa, rinsed
- > 1 cup dried lentils
- > 1 cup uncooked bulgur
- > 1 cup uncooked quinoa
- > 1 cup dried okra
- > 1 cup dried green or red bell peppers
- > 1 cup dried onions
- > 1 cup dried carrots
- > 1 cup dried zucchini
- > 1 cup dried corn
- > 1 cup dried peas
- > 1 cup dried beans
- > 1 cup dried chickpeas
- > 1 cup dried kidney beans
- > 1 cup dried lima beans
- > 1 cup dried navy beans
- > 1 cup dried pinto beans
- > 1 cup dried red beans
- > 1 cup dried black beans
- > 1 cup dried garbanzo beans
- > 1 cup dried lentils
- > 1 cup dried split peas
- > 1 cup dried navy beans
- > 1 cup dried red beans
- > 1 cup dried black beans
- > 1 cup dried garbanzo beans
- > 1 cup dried lentils
- > 1 cup dried split peas

DIRECTIONS:

1. In a large saucepan bring the water and beans to a boil over high heat. Reduce the heat to medium-low, cover and cook for 15 minutes.
2. Stir in the bulgur and quinoa. Cover and cook for 10 minutes, or until the lentils are just tender.



Mixed Grain and Lentil Pilaf | IMAGE: PHOTOFISH/STYLING: MICHELLE BELL

Denin in a Rice Mash

3. Meanwhile, heat 1 tbsp of the canola oil in a large skillet over medium-high heat. Cook the onions and peppers 4 minutes or until edges begin to brown. Add the mung beans and cook for 3 minutes or until the edges begin to brown, stirring occasionally.

Yam "Fries" with Cajun Dipping Sauce

Yams are a good source of fibre and potassium. If you want an extra boost of beta-carotene and a lower glycemic index, use sweet potatoes instead of yams. Try other spices such as cayenne, chili powder or cinnamon for a different taste.

Servings: 8 - Serving size: 1/4 cup

INGREDIENTS:

- > 2 lbs yams
- > 1/2 cup canola oil
- > 1/2 cup crushed paprika
- > 1/2 tsp coarsely ground black pepper
- Cajun Dipping Sauce
- > 1/2 cup fat-free mayonnaise
- > 1/2 cup Louisiana hot sauce or Tabasco sauce
- > 1 medium garlic clove, minced



Yam Fries with Cajun Dipping Sauce | IMAGE: PHOTOFISH/STYLING: MICHELLE BELL

strips to resemble fries

1. Preheat oven to 400°F. Line large baking sheet with aluminum foil.
2. Peel yams and cut as half lengthwise. Then slice into 1 cm slices, and finally into 1.5 cm

- strips to resemble fries.
3. Place yams in a large bowl. Drizzle canola oil and toss gently, yet thoroughly to coat. Sprinkle with paprika and black pepper, and toss gently.
4. Arrange yams in a single layer on baking sheet.

5. Bake for 30 to 35 minutes, turning with a spoon after 20 minutes, or until beginning to brown.

6. Serve immediately for peak flavor and texture.

SHARP EATS



Smart Cookies: REBECCA PHOTOS AND FOOD STYLING BY MICHELLE BERS

Smart Cookies

These are the cookies to bake when you need n-pie me up. Sometimes you'll bite into a batch from the oven broken or maybe you'll find the sweetness of success.

Serves 24 · Serving size 1 cookie

INGREDIENTS:

- > 1/2 cup natural butter
- > 1/2 cup brown sugar
- > 1/2 cup granulated sugar
- > 1/3 cup granulated sugar
- > 1/2 cup raisins
- > 1 egg
- > 1/2 cup whole buttermilk flour
- > 1/2 cup baking soda
- > 1/2 tsp salt

DIRECTIONS:

1. In a large bowl, beat peanut butter, sugar and egg together until smooth. Beat in vanilla and salt.
2. Add flour, soda and milk. Stir until combined. Add remaining ingredients — Corn Flakes, nuts and chocolate chips. Add water if help bind dough.
3. Spoon onto a cookie sheet and bake at 375° for 10 to 12 minutes.

Fruit Smoothie

Experiment with your favorite fruit combination by mixing up your own smoothie flavor, or try adding a handful of spinach or avocados. For an extra fiber boost, blend 1/2 cup ground flaxseed or chia seeds into your drink.

Serves 2 · Serving size 1/2 cup

INGREDIENTS:

- > 1/2 cup frozen, unsweetened fruit mix
- > 1/2 cup low-fat vanilla yogurt
- > 1/2 cup milk
- > 1/2 tsp honey

DIRECTIONS:

1. Place fruit mix, yogurt, milk and honey in the blender and blend until smooth.



EVENTS

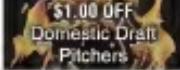


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MUSIC

Wednesday, April 2

Holley w/ Classified and USS

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3 Strings Preludes
Buds on Broadway,
817 Broadway Ave.

Big Band Series: Fourth Annual High School Big Band Nights
The Basement,
202 Fourth Ave. N

Boy and Bear w/ Whistle
Amigos Cantina,
632 10th St. E

The Return of Rock
Praeherer w/ Gangsterhole
and Hitchy Polka
Verginia Tavern,
801 Broadway Ave

Thursday, April 3

The Piggy Boys
Checkers Restaurant &
Lounge,
1-227 Freshwater Dr.

Taylor Mills
Buds on Broadway,
817 Broadway Ave

Big band series: Fourth Annual High School Big Band Nights
The Basement,
202 Fourth Ave. N

Big Deva McLean
Amigos Cantina,
632 10th St. E

Blind Sister
Verginia Tavern,
801 Broadway Ave

Madness
Rock Bottom,
834 Broadway Ave

Friday, April 4

Kings of Leon w/ Local



Lambchop (Credit: Facebook) and photos of local performers at Credit Union Centre on Friday, April 4, 2014. Photos by Matti Williams.

Hollies
Credit Union Centre,
3315 Thatcherville Ave.

Stack in the '90s
Buds on Broadway,
817 Broadway Ave.

Piano Pridge: David Peng
Piano Series: The Phoenix
Hoefner Quartet w/ Jamie
Daleky

Big Deva McLean
Amigos Cantina,
632 10th St. E

Hollis
McWayne McLeanman,
3310 Eighth St. E.

The Rhythmavines
Fat Field Tavern/Centre,
1031 Belmont Ct.

2 Pack + One
Rock Town Tavern,
1630 Franklin Dr.

Marshall Brothers
Piggy Pub & Grill,
1623 10th Street Dr.

The Kix
Louie's Pub,
93 Campus Dr.

**Blues Society presents:
Sabrina Weeks and Swing
Get Bounce**
Verginia Tavern,
801 Broadway Ave.

Steve Miller Band
Credit Union Centre,
3315 Thatcherville Ave.

Stack in the '90s
Buds on Broadway,
817 Broadway Ave.

Guitar Series: The Amnes
Garrett Jazz Trio

The Basement,
202 Fourth Ave. N

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

831 Broadway Ave.

Maddi Brathaus
Piggy Pub & Grill,
1603 10th Street Dr. N.

Sun day, April 6

Leisy Henkel
Mutine Lounge,
3021 Louise St.

Tuesday, April 8

Green Coyotes
Buds on Broadway,
817 Broadway Ave.

ART

Montal Art Gallery
until April 11 at 930 Spadina Cres. E. The gallery spaces will be closed from now for the installation of the spring exhibition. Visit www.montal.ca for details. Hours open April 10-12, 1 p.m.-4 p.m.; Tuesdays, Wednesdays, Thursdays, Fridays, 10 a.m.-4 p.m.; Saturdays, 10 a.m.-5 p.m.; Sundays, 1-5 p.m. Reservations for School Art, April 13, 2 p.m.-Registration continues for summer art camp for children ages six to 12, 10 a.m.-4 p.m.; call 306-975-8447 or email tremendah@montal.ca.

Derde Seigneur Gallery
April 3, 10 a.m.-7 p.m.; April 5, 10 a.m.-5 p.m. at 801 Murray Building. Artist talk with printmaker and painter Sophie Gervé-Senderich.

Bridge City Artists' Award
Bridgetown and Relia
April 4, 7 p.m.-9 p.m.; April 5, 10 a.m.-5 p.m.; April 6, noon-6 p.m. at Albert Community Centre, third floor level. Use the basement entrance on the south side. Recent original paintings by the group's 24 members.

EVENTS

24th Annual Artists' Workshop Art Show and Sale

April 4, 6, 7 p.m. to 10 p.m., April 5, 10 a.m. to 5 p.m., and April 6, 12 a.m. to 4 p.m. at Green-Westminster United Church, auditorium, 1620 16th St. S. Presented by Virginia Beaton Inc., Valerie Boyne's Margaret Ensemble, Lau Chong, Janet Danylchuk, Kathryn Green, Lorraine Kucharski, Karen Lee, Val Miles, Valerie Munch, Val Pitman-Kay, Gill Plaza, Kathleen Shaw and Marilyn Weiss.

Gors Series IV — Re-imaged

April 4, 6, 7 p.m., April 5, 10 a.m. to 5 p.m. Arts, 426 20th St. W. FINED Arts in partnership with the Saskatoon Symphony Orchestra. A live performance featuring media artists with symphony musicians performing contemporary compositions. Tickets all-plate \$20.

Remembering Anna: Interactive Exhibit and Gathering

April 4-6 at Dance Saskatchewan, 2032 Pacific Ave. Celebrating the life and work of dance elder Anna Reisch. Dance performances, workshops and conversations exploring a rich reservoir of body teachings inspired by Ruth Keogh. Reception reception April 4, 7 p.m. to 9 p.m. Visit www.reischarts.ca/reisch.html.

Mayfair Artists' Art Show & Sale

April 5-6, 10 a.m. to 4:30 p.m., at Mayfair United Church, 962 33rd St. W. Festive, relaxing original works, refreshments and a door prize draw.

Pearlie Star Gallery

April 4-7 at 106 Eighth St. E. Second Works by Anne McElroy, Bina Flanagan, David Shilling, Edward Sopp, Eva Kotak, Garry Berst, Kim Brins, Valerie Sernyk and Yulian Moon.

Parrot Arts

Until April 6 at 426 20th St. W. Sounds Like Audio Music Festival. Six experimental sound artists. The festival



Artwork by Barb Goertzen is on display at the Lacombe Museum of Canada. SUBMITTED PHOTO

June July 26-28: Jamborette

Performance-audio-art audio art presented by Valley Arts ensemble chronically re-Playd Arts Team and Coopera, an audio art installation by Anita Hamilton, basal tones Kitchen KV by Jordan Schmidt, riffing on Double Negative by Michael Herzer, and Krash in Boxes. Voam, kitzvah KV by InterStonion and Red Sovine, a documentary about an art collection, until April 19.

Mayfair Artists' Art Show & Sale

April 5-6, 10 a.m. to 4:30 p.m., at Mayfair United Church, 962 33rd St. W. Festive, relaxing original works, refreshments and a door prize draw.

Derrill Bell Gallery

Until April 5 at 105-107 21st St. E. New paintings by Inger Dossenby. Acrylic paintings depicting the little city.

Affinity Gallery

(Basswoodhaven Craft Council)

Until April 12 at 106 Eighth Ave. Wearable Art. Works that were featured in the first Basswoodhaven Wearable Art Gala on Oct. 26, 2002. *Respect*. Card A Local Perspective.

Centra West Galleries

Until April 19 at The Centre. A display by the woodturners Schreiber Industrial Arts. The Royal Gallery, works by the Moose Jaw-based artists build in The Jade and Amber Galleries, works by the Sekulson Woodworkers Guild in The Sienna Gallery, photos by Imagery Photoz, a display by The Chinese gallery, a display by the students of Georges Verner School in The Lavender Gallery, and a display by the Saskatoon Public Schools in The Niagara and Indigo studios.

The gallery/kirt Placement

Until April 7 at 225 Third Ave. S. Thelma Peppar Highway 41. Headlined Photographs of the prairie landscape and portraits of people.

Aka gallery

Until April 19 at 205 22nd St. W. (Diefenb) by Josh Strelak. Work produced during a three-month artist-in-residence in rural Saskatchewan reflects Wiessner's interest in literature and history.

Humboldt District Museum and Gallery

Until April 23 at 601 Railway Ave. W. Northern Classics: Stories by Wanda Wiesner. Exploring obsolete abandoned and decayed buildings in rural Saskatchewan reflects Wiessner's interest in literature and history.

Paintings and sculptures by Terri Amundsen and Sandy Christensen, runs until June 24.

Lacombe Museum of Canada

Until April 26 at 109 Springfield Cres. E. Moved by the Spirit: African interpretations on the Life of Christ. A multimedia exhibition featuring the works of 12 artists. Reception April 12, 3 p.m. to 5 p.m., with curator Louise (Hader) Tessier.

Greens Ark Collected Home

Until April 12 at 212 20th St. W. Andie Macle. "Works of Art."

Station Arts Centre, Regina

Until April 26 at 101 Railway Ave. W. Southern Classics: Stories by Wanda Wiesner. Exploring obsolete abandoned and decayed buildings in rural Saskatchewan reflects Wiessner's interest in literature and history.

Peggy Morrison & Gallery

Until April 26 at 105 Third Ave. W. In Other's Wing and a Prayer by Diane Lariviere Elford.

St. Thomas More Gallery

Until April 23 at 1627 College or Calaway, ninth annual USCAD. An instruction and certificate students' exhibition.

The Spring Collection

Until April 30 on the eighth floor of the Delta Bessborough. Presented by Kehring Fine Art. Brauer sculptures and modern contemporary art. Works by Raphael Gaglianone, Michael Anthony, Tom Schulte, William Prestie and Tim Johnson.

The teal gallery

Until April 30 at Collective Centre, 220 20th St. W. Forest Landscapes by Kathy Bradshaw. New abstracts by Jim Conneron runs until May 25 at City Perks, 801 Seventh Ave. N.

Perdigon Centre

Through April 11 at 1639 Spruce Cres. Art in the Centre, works by the Saskatoon Quilt Guild.

The gallery at Francis Morin Library

Until April 1 at the library. "The Cat that Slept on a Tortoise Shell" by Patrick Burns. Reception April 2, 7 p.m.

Handmade House

Until May 20 at 710 Broadway Ave. New artwork poster Jeffrey Taylor.

StarfishBooks Canada Centre

First Ave. S.E. at 101 Performance Place. A Queen and Her Country. This exhibit commemorates the Diamond Jubilee of Her Majesty Queen Elizabeth II from a uniquely Canadian perspective.

University Museum of Canada

Until April 26 at 109 Speedie Cass. E. Moved by the Spirit: A multimedia exhibition featuring the works of 12 artists.

www.sasktel.com/2003events/spring.htm

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EVENTS

FAMILY

Parent and Tot Yoga

Wednesday, 10 a.m. at the Farmers' Market at 10 a.m. Led by Deanne Stempel and her grandson. For parents with children ages 16 months to three, and a half-years old. Admission is free with a suggested donation to Vinnova Yoga for Youth along a most and snacks.

Strollers and Strollers

Wednesday, 1 p.m. at Central Chambers in the Centre. Choice of two movie theaters. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

Sign, Play and Explore Workshop

First Wednesday of each month through December, 10:30 a.m. to 11:30 a.m. at the Pregnancy and Parenting Health Centre, 268 Third Ave. S. Parents and their babies/toddlers explore their world, develop skills and engage in developmental learning experiences. Monthly registration is required. tinyurl.com/mymrthands.com; visit www.mymrthands.com.

Park-Happy Indoor Playground

Daily at 16330 Quebec Ave. & 16th Street playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Market Mall Children's Play Centre

Daily off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for

unskilled children to play. Please note this is an un-supervised play area, and adults must stay with and supervise children at all times.

Crop-In Interactive drug Group

April 3, 10, May 8-23, June 5, 19, 3 p.m. to 5 p.m., at megaspace and Parenting Health Centre, 248 Third Ave. S. Hosted by Living Skies, Living Milk. A support and educational group to learn and engage with other mothers or soon-to-be mothers.

Kids' La La La to New

Friday evenings, Thompson April 3, 10, 17 and 24, 6 p.m. to 9 p.m., at the Kidzline taught by Linda Swanson-Kirby. Kids ages nine to 13 learn to see personalized projects like a pillow case, blanket, book or blanket, and a bag. tinyurl.com/mymrthands.com

Seaweed

Thursday, 9 a.m. to 11 a.m., October to May, at Emmanuel Baptist Church, 1638 Avenue D. Parents and parent supervisors are welcome. Indoor play equipment for kids ages one to six. Indoor play equipment, games, colouring, dress-ups, coffee bar for parents. Registration on arrival. Call 473-0326.

Movies for Mothers

Thursday, 7 p.m., at Rainbow Cinema in the Centre. An adult-friendly environment with reduced sound, dimmed lights, better warning and softer perkings.

Dragon Tales Dan

The first and third Thursday morning each month during the school year at 10 a.m. George's Anglican Church, 624 Ave. 15. A free meal and tots program. Call 242-7973.

Sleep 'n' Grill

Fridays, 5:30 a.m. to 10:30

a.m., meet in front of Customer Services at The Mall at Lawson Heights. Classes consist of power-walking, body-resistive moves in resistance tubing and a socialize time for parents and babies. Pre-register at www.mymrthands.com. No classes on stat holidays.

Coffee Time for Mom

Fridays, 10 a.m. to 12:30 p.m., at Bibbidi Bobbidi Boo, 11705 Central Ave. Moms enjoy a free cup of coffee while attending fun in the playroom.

Baby Talk at 2PM

Fridays, 10:30 a.m. to 11:30 a.m., at Mavis Turner Branch, Mendota 10:30 a.m. at Carlyle King Branch and 15 Wood street, and Tuesdays, 10 a.m. at Cliff Wright Branch. Half-hour singing and rhymes, then mingle with other parents.

Agriculture in the City

April 10, 10 a.m. to 1 p.m. in The Mall at Lawson Heights Food Court. Discover the role agriculture plays in your daily life. Interactive displays, a childrens learning zone, live cooking lessons, and a game show with prizes. With local farmers, researchers and companies. Visit tinyurl.com/mymrthands.com.

Infant and Child Emergency Care Course

April 6, 9 a.m. to 5 p.m., at Mission Thrift at Association of Salesmen, 161-174 Quebec Ave. A one-day infant and child course. Designed for anyone who might care for a child. Visit www.mymrthands.com.

Evening for Parents

April 8, 8:30 p.m. to 9 p.m., at John Lake School, 2000 John Lake Ave. 10:30 a.m. to 11:30 a.m., at Grace-Wesminster United Church. Hosted by Precious Hearts Learning Community, a group of families inspired by Waldorf philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

950 Sorelle Cres. E. Free family fun for ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. April 8, Spring Into Art, art making inspired by the season.

Prenatal Yoga

Monday, 12:30 to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to intermediate yoga designed to help with pregnancy and birth. Baby friendly class with a certified yoga teacher suitable for first weeks to two years postpartum. Register at www.mymrthands.com and pay online. No class on stat holidays.

Prenatal Yoga

Monday, 5 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a doula and certified yoga teacher. Information and safe for any stage in pregnancy. Call 306-289-0443 or email mymrthands.com. No class on stat holidays.

Breastfeeding Cafés

Tuesday, 10 a.m. to 11:30 a.m. at WestEnds Primary Health Centre, 3011 Insight



Breastfeeding Cafés (continued) Tuesday, 10 a.m. to 11:30 a.m. at WestEnds Primary Health Centre, 3011 Insight

or drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation and time for interaction with the other mothers.

Drop-in Playgroup

Monday to Friday through May, 9:30 a.m. to 11:30 a.m., at Hillside Playspace Centre, 219 Princess Dr. An indoor playground with slides, tunnels, spinning equipment, toys and books for children up to age six. Food and drinks are welcome, but the building is peanut-free.

Playgroup

Tuesday, 5:30 a.m. to 11:30 a.m., at Grace-Wesminster United Church. Hosted by Precious Hearts Learning Community, a group of families inspired by Waldorf philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

Needy Playground

Tuesday and Wednesday, 9:30 a.m. to 11:30 a.m. at Meewasin Valley United Church, 3127 Pinelouse Dr. For children up to age five. tinyurl.com/mymrthands.com

EVENTS

Stay and Play

Tuesdays and Wednesdays, 9 to 11 a.m. to 11:15 a.m., September through April, at Louise St. Community Church. For children as to age five. Same-structured crafts, snacks, story time, toys, activities. Email stayandplayseasak@gmail.com or visit the Facebook page.

STRUCTURE & STICKS

SesakRoom. Tuesdays and Thursdays, 10 a.m. to 1 p.m., drama, unscripted stories and crafts for kids of all ages at various locations in Seaside. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit www.lego.sesakroom.com or call 309-979-2742.

SesakRoom Public Library

Programs

Gregory daily programs for children and families. Find the calendar at sesakroom.library.usask.ca/online.

SPECIAL EVENTS

FUZE Conference

April 2, 8 a.m. at the Beaconsfield Hotel. A conference dedicated to marketing and communication professionals. Speakers include M. Douglas, Leanne Belanger, Kelleyann Watt, Bryan McLean, Karen Nitzeck, Natasha and Dylan Vandenhout, and Aaron Dreelin. Visit www.fuzeforum.com. Tickets \$100.

What's for Dinner?

April 2, 5:30 p.m. reception at this Friday night hosted by the Children's Observatory Museum in partnership with RBC Dominion Securities. A restaurant night of dining for grown-ups. Dinner will follow the reception at one of the participating restaurants. List of restaurants at www.whatfordinner.ca. Tickets \$100-\$125.



Actors from left, Gared C. Smith, Dakota Hosen, and Rosemarie Superneau perform the production of *Dreyer and Joy* which runs until April 6 at Penitentiary Theatre. MARIO BONFANTI FOR CROZ FINGER

U of G Chamber Ensemble

Wednesday, 7:30 p.m., at Quincus Theatre in the U of G Education Building.

Canadian Light Source (CLS) Public Tours

Thursday, 1:30 p.m. and April 17, 7 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open to the public to learn about the CLS's contributions to science and research. Pre-registration is required. Call 306-967-3644, email nlw@cls.ca, or visit [www.lightsource.ca/education/public_tours.aspx](http://www.lightsource.ca/visit/www.lightsource.ca/education/public_tours.aspx).

Seventh Annual Glass Slipper Benefit for Princesses

April 3, 7:30 p.m., at TCU Place. The Princess Shop's annual fundraiser has seen the trend this year move in Seiseken and throughout

Seiseken's performances credits. Tickets at www.princesses.ca.

In Search of Eliza Hilleman: A Lecture from the Adorno Siegel

April 4, 7:30 p.m., at the U of S. Presented by the U of S Department of English. A paper in response to the diary diarists of Eliza Hilleman, a Dutch Jewish woman living in Amsterdam in the 1940s, who perished in Auschwitz in 1944.

Natalia Legion Show and Dance

April 4, 8:30 p.m. support, 8 p.m. dance, at 3021 Louise St. Featuring a variety to Ray Orbison. Call 306-374-6362.

Something Old, Something New, Something Borrowed, Something Blue

April 4, 7:30 p.m., at the Ottawa Civic Theatre. The U of S Wind Or-

chestra's spring performance features a variety of music by Schenker, Beethoven, MacLay, and Czech composer featuring TorQ. Tickets at www.torq.ca.

The World Beloved

April 5, 7:30 p.m., at Station Arts Centre in Saskatoon, and April 5, 7:30 p.m., at Native Men's Circle. A blues-themed performance by the Sonoran Singers of Southern California. The German Pichard Klim performs, Lucas Walsh, Doug Knevels and Kristen Berlin under the direction of clutch! conductor. Tickets at www.stationarts.ca, McNally Robinson, from club members, or at the door.

Zimbabwean Container Steak Night Fundraiser

April 7, 6:30 p.m., at Sutherland Bar & Grill, 193 Central Ave. Specials: chicken and veggie options, with a silent auction

Tickets at Centage Theatre, 306-374-4844 until April 4.

Living Hope Petrikir Supper and Dance Night

April 5, 6 p.m. to 10:30 p.m., at Living Hope Church, 1022 Elm St. Bring lawn chairs, a potluck dish, and smacks to share. Part of the 2004 world tour "Superkids Day events." Visit www.bibletoppayers.com.

U of I Jazz Ensemble

April 5, 7:30 p.m., at Queen's Theatre in the U of I Education Building. Their sambatone and concert. Tickets at the door.

Panama Breakfast, Craft & Yard Sale

April 6, 9 a.m. to 11:30 a.m., breakfast, 10 a.m. to 2 p.m. sale, at Natalia Legion, 3021 Louise St. Call 306-374-6362.

Kenny vs Scammy vs Geddes April 6 at Louis' Pub. \$10. SOLD OUT!

Jensen-Elman-Sale Performance

April 6, 8 p.m., at Remai Arts Centre. A solo classical solo recital. Tickets at 306-384-7727, parcetheatre.org.

TorQ's Poetry

April 6, 8 p.m., at the Basement, 202 Fourth Ave. featuring Hydriopyon.

Shane Lowe: A Po-Mo-Do

April 7, 7:30 p.m., at Broadway Theatre. Dr. Ana Sharma discusses obesity and weight management myths and talks about the latest science on what works and what doesn't. Tickets at www.shanelowe.com. Proceeds will support the Canadian Obesity Network.

THEATRE

Site-Kids

April 3-6, 8 p.m., at The Assembly. Presented by U of S'iva Independent Theatre. Produced by Embree Theatre. The story of two young women whose friendship blossoms into something more. A kiss unleashes a violent reaction that threatens everything. Tickets at 306-653-5211, embree.org.

Dreyer and Joy

April 3-7, 8 p.m. at Studio 916, 916, 2000 Bl. W. Ave. A production with Western Canada Theatre, Gateway Theatre and STNTC. After the death of their parents Denise becomes sole caregiver to her older sister, Isabelle, who was severely affected by AIDS. Tickets at 306-984-7727, parcetheatre.org.

Performances are free community service by Hydriopyon. UofS'ilegal (uofsilgal.ca)

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HYDE PARK VIEW

Hyde Park View: Contemporary style accommodates residents' present and future needs

Hyde Park View is transforming the concept of adult housing to its absolute!

Located at 333 Slimmon Place in the Lakewood Shores Center (just west of Rosewood), Hyde Park View embodies contemporary style with square footages and age-in-place design. The 50-plus units will be available in the hotel project from Elgin Lodge Inc., the upscale adult community it already located elsewhere before rebranding and performing renovations.

The 5-story building offers almost 180 units, 100 private rooms, 100 studio, 10 one-bedroom, 10 two-bedroom, 10 three-bedroom, all 12 walkable model apartments and 25 personal care units.

"What's nice about [adult housing] is that with a life lease, you even have the right to purchase the right to occupy," says Elgin Lodge President and CEO. "With the right to live in the building, Hyde Park View owns the building and the property," says Elgin Lodge executive director Greg Foley.

"There are advantages to life leasing as people age. You don't have to worry about the security of your investment. Whenever the price of your unit goes up, you receive that back when you sell your home. Unlike a condo, if a condo there will never be a response fee to fix the roof or the boiler. A life lease is a peace of mind."

Life leases start at \$256,000 and range up to \$287,000, plus including one bedroom plus den and two-bedroom units. Many two-bedroom units have very large balconies. Life lease rates are priced starting at \$276,000. "The goal is to provide affordable housing for seniors," Foley says. "That's why we have originally priced our units a little bit below market price," says Foley.

The innovative residence was designed by Arkansas architect Charles Ellett of ADG3 Architects and Interior Design. Ellett employed clean lines of architectural details in the building's modern design. There are exterior glass walls, recessed lighting, and a central entrance. The building has a total of 10 stories, plus roof and walking roofs.

Ellett has designed a building that is four miles from Hyde Park View which will feature lake views and indoor balconies opening the top portion of the floor overlooking window to the outdoors. Many suites will have balconies, with glass panel railings. All of the



units feature open concept floor plans, modern ceiling moldings and trimwork, large island quartz countertops and a full stainless steel appliance package. Master suites have walk-in closets and ensuite bathrooms.

People will have a choice of colors in their cabinetry, tile, fixtures and finishes," says Foley. Standard flooring options include luxury vinyl and carpet, with the option to upgrade to hardwood. Ceramic tile is standard in all en suite bathrooms. Foley says, "The mechanical systems are at a higher standard than many condos with radiant in floor heating and heated and cooled air systems with integrated thermostats."

Apartment design is repeated throughout the complex. "There are no rooms are 30 inches wide. Every suite will have a central hot water tank with either shower or steam. There are no signs no negative sept. 1st.

Residents will enjoy the one-of-a-kind atmosphere, security systems including the heat safe entry.

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Elgin Lodge can also provide additional medical services.

Hyde Park View will offer 25 assisted care units in addition to life lease rates. "The rationale for including the personal care units — wouldn't make economic sense — as a life lease and rental building is based on our experience here at Elgin Lodge."

Elgin Lodge, located at 1125 Main Avenue in Lakewood, is an independent living facility with 12 assisted living units. "When a person's health declines and they need it and may need personal care in a care unit, it's a one of the most important shifts in their life," says Foley.

Elgin Lodge and Hyde Park View to begin an inter-building partnership. "We partnerships as they'll be younger and independent. As they grow older, they'll be unable to provide the kind of services they need to assist them in their care. When they can no longer function independently, they can move to a specially designed space in the same building that will provide the 24-hour personal care that they may need. It will be a great benefit to both of us and for the care facilities with their own branch surrounding them. If they have a spouse, their spouse will move with them or stay in their suite."

Licensed by the provincial government, the personal care units will provide an intermediate level of care and be staffed by qualified healthcare professionals.

Elgin Lodge is a Christian based organization that upholds its commitment to people of all beliefs and cultures. "We are a charitable organization. Our mission is to increase standards of living for seniors and their families. We are one of the most intensive focuses in the city—especially when you consider the extremely high level of service we provide to seniors—even in changing the light bulb. We do this doing this for 32 years at Elgin Lodge," says Foley.

Life lease units are now pre-sold at Hyde Park View with completion beginning in 2016. Drive by Elgin Lodge to pick up a sales package.

For more information contact elginelodge.com or hydeparkview.org. A presentation center will open around mid spring.

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